


## CONTAINING AIR POLLUTION

These days pollution, of air, water and sound are emerging as major problems for people, especially in urban belts, where residents are facing numerous hardships. The further cause of concern is that the pollution levels are reaching the danger levels, causing a major threat to the lives of people besides damaging fauna & flora. Few months back, the air pollution level in Delhi reached such a level that it became hard for the people to breathe properly. Moreover, the commuters, traffic personnel and people driving vehicles and bikes are more prone to the dangerous pollution, as they have to face the same for comparable longer period of time. Now, bringing bit respite for bikers, an anti-pollution helmet has been developed by a Delhi-based startup which can help 2-wheeler riders breathe clean air. The helmet developed by Shellios Technolabs has a Bluetooth-enabled app that lets the rider know when the helmet requires cleaning. The startup received seed funding from the Department of Science and Technology (DST) and was incubated at Science and Technology Entrepreneur Park (JSSATE-STEP) Noida. They had signed commercialization deals with leading Original Equipment Manufacturers (OEMs) for the helmet. The product, at Technology Readiness Level (TRL) level 9 has been granted utility patent and is now being sold in all parts of the country priced at Rs 4,500. The end-users of the product include individual riders all over India and for the next version, Shellios ties up with top tier-2-wheeler OEM for the commercialization of the anti-pollution helmet. The founders of Shellios Technolabs hit upon the idea on realizing the challenges faced by bikers during the air quality crisis that Delhi faces in the winter months. "We were disturbed by the health impacts of the air quality situation on the people on the roads, especially the millions of two wheeler riders who were having prolonged daily exposures and that too, to a double whammy of particulate matter and vehicular emissions in the air that they breathe," said Amit Pathak, one of the founders. The helmet titled PUROS is integrated with air purifying accessories which include the patented innovations of the startup -- a Brushless DC (BLDC) blower fan, High-Efficiency Particulate Air (HEPA) filter membrane, electronic circuit, and micro-USB charging port integrated into the helmet. The purifying system set at the back of the helmet picks up all particulate matter coming from outside and cleans the air before it reaches the biker. Following all mandatory standards stipulated by Government, 1.5 Kg helmet ensures exposure reduction by more than 80 per cent as measured using a controlled environment.



OFF 'D' CUFF

### Life Purpose is not the roles you play

The key to making decisions is not so much about what to do, but about who I am. We have gotten brainwashed into believing that the purpose of our life has to do with the role we play and how much money or acclaim we can get from it. So, if I'm a mother, the purpose of my life becomes taking care of my children. If I'm a doctor, the purpose of my life is to treat. The purpose of my life, if I'm a gardener, is to tend to plants. The purpose of my life, if I'm a cook, is to cook. But these are just the roles we play, and they have nothing to do with the purpose of our life.

We get so caught up in thinking that the biggest decision in our lives is to figure out the purpose of our life. We think that once we can figure out what to do, we'll know who we are. If I choose to cook, it means I am a cook. If I choose to practise law, I am a lawyer, if I choose medicine I am a doctor. So then naturally, this becomes a major decision because it's not just what to do, but it's who I will be. The fear of making the wrong career decision becomes a life-death situation about my entire life.

The truth is, the only wrong decision you can make is to not awaken, to not look within, to not shift focus from the outer world to the inner world, to not live from the heart. When I say from the heart, of course I don't mean your impulses and your desires and your instincts, but I mean to not live really from love. That's the purpose of our life.

In any career, you've got at most a few decades for it. It's barely half your life. We have all this life prior to our career, all this life post-retirement. Who am I then, once I retire.

This is a very tricky and sticky way to try to think about your purpose, and it's what gives us the sense of desperation in making our decisions, because it's not just about this city or that city or this job or that job, it's about my life and purpose. The minute that you can actually recognise that the purpose of life is to know who you are, not in the role you play but who you are as soul, who you are as spirit, who you are as essence, who you are as love, who you are as Divine, then decisions become much easier. Then we realise that the role is just what we are doing for a certain number of hours a day for a certain number of years, and hopefully it's something that benefits society, that creates a positive impact, but it's not who I am. So the incredible pressure is off.

I'm not trying to make light of our careers or jobs. Anything that you're going to do for many decades is something that certainly deserves thought and attention. But we need to understand that these are decisions we're making about roles that we want to play, and not the purpose of our life. We get to choose what role to play, but none of it has anything to do with our purpose. Our purpose is waking up and living deeply as who we are, as divinity, as consciousness, as love.

-Sadhvi Bhagawati Saraswati

# Women empowerment must for country's growth

■ ER PRABHAT KISHORE

Amy Tenney has said, 'The world needs strong women. Women who will lift and build others, who will love and be loved. Women who live bravely, both tender and fierce. Women of indomitable will.' In Indian culture and civilization, women receive high recognition and respect. The rivers, which are the lifeline of the people's life, have been termed as the mother and even our country is called 'Bharat Mata'. Our most of the festivals are based on adoration of Goddesses in various forms. A Dharmashatra reveals 'Yatra Naryastu Pujyante, Ramante Yatra Devta; Yatra Itastu Na Pujyante, Sarvastatra Falla Kriya'; meaning where women are honoured, dignity blossoms and where ever women are dishonoured, all actions no matter how novel it may be, remains unfruitful. Unfortunately, with span of time, the position of women gradually deteriorated globally and practices of Sati Pratha, infanticide, child marriages, dowry and taboo on women remarriages, Triple Talaq, Nikah-Halala and various other discriminations prevailed in the society. Numerous reformers, in the country as well as abroad, have struggled for change in such stereotypes and to some extent changes in society have reflected. Mother of Indian feminism and first female teacher of India Savitri Bai Phule started several schools for women as well as care centre for pregnant rape victims in order to break free from

shackles of socially-constructed discriminatory practices. Our constitution provides equal rights to women including equality, dignity and free from discrimination. Various legislations and policies notably Prohibition of Child Marriage Act 2006, Protection of Women from Domestic Violence Act 2005, Muslim Women (Protection of Rights on Marriage) Act 2019, National Policy for Empowerment of Women 2001, Integrated Child Protection Scheme 2009, National Education Policy 2020 etc. have been enforced against social malpractices to cope up the grimed situation.

Earlier girl's dreams, with just nice groom and fine home, were faced with a life confined within the four walls of their houses. After globalization and advent of education, they intended to break the barriers & boundaries of four walls, bridge the gaps between their dreams & reality and realized that outside world is so charming and they should fulfill their aspiration to go ahead. Once the women were considered only for child care and household works. Their domestic works have always been undervalued and under-reported. Now the time has changed and they are being considered part of mainstream workforce. They are playing pivotal role in every sector, whether it is business, politics, social functions, journalism, government jobs etc. Their contribution is the reflection of gender equality. Target-5 of Sustainable Development Goals (SDG) of United

Nations has been specially designed for Gender equality and empowerment of all women and girls by year 2030. Empowerment of women means increasing the strength of the woman socially, educationally, economically politically and psychologically. There are 3 Ls of women empowerment which includes Learning, Labour and Leadership. Learning helps woman to get limitless knowledge leading to broaden their thoughts & overcome adversities. Empowering women by imparting quality education and providing relevant opportunities will lead to their holistic growth & development and disapproving gender bias. There is saying, 'Sanskrita Stree Parashakti' meaning an enlightened woman is a source of infinite strength. In education sector, special emphasis have been given to girls education through various central as well as state educational schemes namely BEP, Lok Jumbish, APPEP, DPEP, SSA, RMSA, SS, NPEGEL, KGBV, Beti Bachao Beti Padhao etc. According to Mahatma Gandhi, 'If you educate a man you educate an individual, but if you educate a woman you educate an entire family.' There is a famous African adage: 'If you educate a boy, you train a man. If you educate a girl, you train a village.'

In social sector, 50 per cent reservation in Panchayat & local body elections, 50 per cent reservation in teachers' recruitment and 35 per cent reservation in government jobs to women in Bihar has led the political

and social revolution in the State. Presently, most of the states in India have provided reservations to women in Panchayati Raj Institutions to consciously empower them as decision makers at grass root level. These initiatives have acted as a catalyst for social change. Governments have also launched several schemes for women emancipation and to make them self-reliant. 'Vocal for local' campaign will be possible only when women will heartily participate. Similarly, women have to provide systematic skill training, opportunity and support for Atmanirbhar Bharat. The day to day happening of heinous crimes like gang rape, sexual abuse, acid attacks and domestic violence are stigma on our society. Despite strenuous efforts, such inhuman incidents are occurring frequently; and there is need of stringent punishment to culprits through fast courts. No doubt, the women, as a mother, sister, and wife have sacrificed a lot for our success. But unfortunately, there are some women who are engaged in suppression and discrimination of their female members. The women's day is very apt day to think, analyze and act globally on all those issues, which are responsible for transforming women into a capable human capital through political, social, administrative and economic empowerment.

(The author is a Technocrat & Academician)

## Appropriate time to retrieve & annex PoJK

■ OMKAR DATTATRAY

The Government of India is bound by the historical resolution of the Parliament of 1994 which resolves and mandates that India should take steps to vacate the illegal occupation of the PoJK and merge it with India. The parliament resolution further resolved that whole of J&K is an integral and inseparable part and parcel of India. Thus, the Government of India is bound by the far reaching and important resolution of the parliament and is committed to take necessary steps to liberate and annex PoJK to India. The other day a layman whispered an important thing to me that the time is opportune to liberate Pak occupied Jammu and Kashmir because China is engaged in encircling Taiwan and has kept its army in stand by mood ready to enter and attack it to satisfy its extra territorial ambitions. He further said that big cop of the world and super power USA has kept its war fleet ready to protect the territorial sovereignty and integrity of Taiwan and protect it from the attack of China. This talk of the layman propelled me to frame this write up. It is a fact and stark reality that the time is ripe and opportune to fulfill the commitment made through parliament resolution in question and commence the noble task and mission of liberating and annexing the PoJK to India. The present circumstances have provided an opportunity to India and it should use it to annex PoJK to India by embarking on the plan to liberate PoJK. 140 crore Indians are behind the government if it takes steps to liberate and annex PoJK and the government should not feel alone in this task of the nation and the people of India will help and cooperate with the government to give a practical shape to the important resolution on PoJK. The often stating by BJP government and its leadership that PoJK will be liberated and annexed to India is not suffice leave alone only to boost the morale of the army and the general masses. There is a strong government in place in India which has got the strong mandate of the people. Besides the country has a strong willed and bold prime minister in Narendra Modi and therefore the government should take practical steps in the direction of liberating and annexing PoJK to implement the parliament resolution. There is no use in only repeating the assertion that whole Jammu and Kashmir is our own and the government will liberate the occupied part of the Jammu and Kashmir. The so often repetitions that whole J&K is ours does not serve any purpose except to further

the vote bank politics. It has been observed that when the elections are nearing, the government is giving statements to liberate the PoJK and annex it to India. The geo political situation is favorable for taking practical steps to fulfill the parliament resolution and honor the commitment made to the Indians in this connection. Therefore, the Government should leave its habit of reiterating that whole Jammu & Kashmir is ours and steps will be taken to liberate and annex the PoJK to India. The time has come that the government of India and its strong and able leadership should embark on the mission of annexing PoJK to India and it needs that practical measures should be taken to realize the spirit of the parliament resolution. The government should not waste its time and stop to divert the attrition of the gullible masses from the pressing problems as the often reiteration only seems only a diversionary tactics of the government and it cannot annex PoJK with India. The action of liberating and annexing is very complex and it involves the psychology of the people and therefore well thought steps need to be taken in the direction of liberating and annexing PoJK. The ground reality and the international conditions are favorable for taking practical steps to operationalize and give a practical shape to the parliament resolution of 1994 without any further delay as it will then be late. The time and geo political conditions are ripe and favorable for taking action on the parliament resolution and therefore the government should seize and catch the opportunity and commence the annexation of the PoJK to fulfill a long demand of the people of India and also to give a practical; shape to the often quoted resolutions by the BJP and the government. Since China which is the enemy number one of India and super cop America which also does not favour India so far as its commitment to liberate and annex PoJK to India is concerned are both engaged with Taiwan and both the super powers are in confrontation with each other over the Taiwan tangle. Moreover some countries are either siding China or supporting America and are opposed to any attack on Taiwan and therefore India should grab the opportunity and attack Pakistan to liberate and annex PoJK. Therefore the government should make a strategy and involve its think tank and defense experts in the exercise of starting to give a practical shape to the parliament resolution and make no delay in implementing the important parliament resolution otherwise the people will think that the government and the BJP

leaders are befooling them through often repeating of the commitment to liberate and annex PoJK. Now the time has come to implement and give a practical shape to the parliament resolution concerning Jammu and Kashmir. The government made it clear that no one in the country should entertain any doubt about the will and right intention of the NDA government of liberating and annexing PoJK. But it needs that the often repeated assertions of the government should now be backed by the practical implementation on the ground. Therefore the government should not waste further time in only asserting that whole J&K belongs and India and steps will be taken to annex PoJK with India. What is needed is that the strong willed government and its bold leadership should take sincere steps to fulfill the parliament resolution in letter and spirit by operationalizing and implementing the important resolutions by taking required steps to liberate and annex the PoJK. As quoted above the conditions seem to be favorable to India and the time is opportune and so BJP government should embark on the practical plan to annex PoJK and the whole of the 140 crore Indians are with the government if it embarks on the plan of implementation of the parliament resolution of 1994. Thus the government should grab the favorable opportunity and initiate the practical process of liberating and annexing PoJK and should not make a further delay in this national task. So, the government should commence the plan of giving a practical shape to the often quoted resolutions and commitments to annex PoJK, otherwise there is no benefit of only repeating the resolve of liberating and annexing PoJK time and again. Therefore the strong mandated government of BJP should put its act together and embark on the national task of annexing PoJK to India to fulfill the much important resolution of the parliament. Since the government is duty bound to implement the parliament resolution regarding the liberating and annexing PoJK, it should take immediate and practical steps to liberate and annex PoJK to India as the internal and international conditions are favorable for this national task. In short it can be said that liberating and annexing of PoJK is unfinished agenda of unfortunate partition of the country and thus steps should be taken to liberate and annex PoJK to India as the time is very opportune and favorable and the government should not fritter this opportunity in any case.

(The author is a columnist and social activist).

## PROGRESSING J&K Kishtwar to emerge as power-hub of North India with completion of 6,000 MWs of HE projects J&K achieved last mile connectivity, 100 pc saturation of Central Sector scheme of Universal Household Electrification

Jammu and Kashmir's Kishtwar district will become North India's major power hub generating nearly 6,000 MWs of power after the completion of the ongoing power projects. The surplus power from Kishtwar will not only be utilised for other parts of the UT, but will also be sold to other States. Pertinent to mention that 1000 MW Pakal Dul Project, 624 MW Kiru Project, 540 MW Kvar Project and 930 MW Kirthai Project are all located in close vicinity of each other; along with 850 MW Ratle Project which has been revived as a Joint venture between Centre and UT. It is pertinent to mention that CMD (Chairman & Managing Director), National Hydro Project Corporation(NHPC), A K Singh called on Union Minister Dr Jitendra Singh and briefed him about the status of the ongoing power projects in Kishtwar, which when completed will turn Kishtwar into a major power hub generating nearly 6000 MW of power. Pakal Dul HE Project (1000MW) is under active construction after river diversion was carried out. The project will generate 3230 MWs annually and expected to be completed by July 2025. Kiru HE Project (624 MW) is also under active construction. The river diversion was carried out recently and after completion it will generate 2272 MWs annually. The project is expected to be completed by July 2025. The work on Kvar Hydro Electric Project (40MW) started in 2022 and the project will generate 1975 MU's annually and scheduled completion is in November 2026.

Similarly, Ratle HE Project (850 MW) is under construction and work started by awarding EPC Contract in January 2022. The scheduled date of commissioning of project is 10th Feb 2026 and once commissioned, project will generate 3136 MU's annually. Kirthai-II HE Project (930 MW) is under investigation and will generate 3329.52 MU's annually on commissioning. With commissioning of all these projects, the power requirement of Jammu and Kashmir will be improved drastically and will help in achieving the goal of zero-carbon emission.

Recently, Prime Minister Narendra Modi laid the foundation stone of Rattle (850 MW) and Kvar (540MW) hydroelectric projects, to be constructed on Chenab river in Kishtwar at a cost of around Rs 5,300 crore and Rs 4,500 crore respectively. Similarly, in Gurez area of North Kashmir's Bandipora district, Kishanganga hydro power- 330 megawatt (MW) project on the river Kishanganga, a tributary of Jhelum project is a success story. This project added a new dimension in the growth journey of Jammu and Kashmir. The project in Bandipora district provides 13 per cent free power to J&K including 1 per cent for local area development fund. The Power project comprising three turbines is spread over 750 kanals in Karalpora Matrigam and 4200 Kanals in Gurez area where from the water comes through a tunnel measuring 23.5 Km. J&K administration has initiated various reforms to overhaul power sector in the UT. The Government is working on a mission mode for developing new power infrastructure and improving the existing one to meet the power demands of people. Unprecedented milestones have been achieved to ensure last mile connectivity and 100 per cent saturation of Central Sector Scheme of Universal Household Electrification. More than 6500 new distribution transformers have been installed and reliability of power distribution has been ensured in both rural and urban areas. Transmission and distribution capacity has been increased. More power has been supplied even during peak days. Important power projects which were hanging in balance for decades are now being executed. In next three years, J&K is set to generate the capacity equivalent to what was achieved in 70 years.

who have been working with zeal and commitment for more than one decade and have contributed positively to the social and economic development of the Valley.

It is worthwhile to mention here that the situation in Kashmir at present is uncertain and unprecedented & Kashmiri Pandit package employees are more vulnerable due to the worsening security scenario in valley. Now Kashmiri Pandit package employees expect healing touch from the government but unfortunately the authorities concerned are harassing these package employees by exploiting their helplessness and forcing them to join back their duties in Kashmir. Moreover, pen terrorism and hybrid terrorism are at its peak in Kashmir thereby adding woes and miseries to these nationalistic package employees. The centre government and LG administration should not disregard the genuine relocation demand of package employees and a committee must be framed immediately for looking into the transfer policy of package employees. The only viable solution at present is to relocate/shift all Prime Minister Employment package employees to Relief Commissioner's Migrant office Jammu, till Kashmir is declared completely terror-free.

Papu Ji Koul, Jammu.

## YOUR COLUMN

### Stop coercing PM package employees

Dear Editor,

The recent spate of brutal killings of religious minorities in Kashmir have created widespread panic in the valley particularly among Kashmiri Pandit Package employees who are becoming easy soft targets for the radical brute forces. It may not be out of context to mention here that the situation in Kashmir is neither feasible nor conducive for the working and living of PM package employees and thus rightly these patriotic sons of soil are agitating from the last more than 100 days in support of their relocation demand. But it is very sorry state of affairs that the LG administration is paying deaf ears towards the agitating package employees. The situation in Kashmir resembles the same as that of the hay-days of terrorism during 1990s and these days the Hindu minorities are feeling highly threatened fearing for their lives. However, the centre government's narrative of normalcy in Kashmir has completely fallen flat because since abrogation of Article 370, Kashmir is witnessing

the attacks on Hindu minorities unabatedly. The dubious and callous attitude of the centre government with regard to the plight of Package employees has created mental agony and distress among them. The package employees are demanding their deployment/attachment with the Relief Commissioner's Migrant Office Jammu till the situation normalizes in valley. Instead of initiating dialogue with the protesting package employees, the authorities at the helm of affairs are hell bent upon coercing these hapless employees to resume their duties in Kashmir and some DDOs have stopped their salaries which is very disturbing phenomenon. Even some DDOs in Kashmir have termed the targeted and selective killings of Hindu minorities as 'an unwanted episode' which is very dejected and sad. It is high time now the LG administration should take a pragmatic view of the whole situation where fear psychosis has gripped the minorities living in the Valley and as a stop gap measure an option may be given to Prime Minister Employment package and other minority community employees to work from home for the time being till all employees be relocated to Jammu province. The Government should not resort to any coercive measures as long as the fear psychosis is removed from the minds of the employees